

5 A Day Recipes

Appetizers

Sweet Onion-Pineapple Salsa

Serves 5

- ½ cup sweet onion, chopped
- ½ cup red bell pepper
- 1 tablespoon jalapeno pepper, chopped
- 2 cups pineapple
- diced 1 tablespoon fresh cilantro, chopped
- 1 tablespoon fresh lime juice

In a medium bowl, combine all ingredients, stirring until blended.

This is an official 5 a Day Recipe, and provides five people with more than one serving of fruits/vegetables each.

Nutritional Analysis

Calories: 41
Fat: 0 gm
Cholesterol: 0 mg
Fiber: 1 gm
Sodium: 2 mg
% Calories from Fat: 7 %

Recipe provided by Del Monte Fresh Produce Company.